

Centre's new gym is working out well

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GYM equipment worth £377,000 will be installed at the new Washington Leisure Centre.

The £11.3million development, due to open next year, will see a new "Wellness Centre" created – double the size of the existing gym.

A range of new stations are needed to fill the space, including cardiovascular and resistance machines, free weights and spinning bikes.

While some of the old equipment will be used, any machines deemed to have outlived their use will be replaced.

Cabinet members at Sunderland City Council have agreed to procure and award contracts to provide the equipment, along with a special "green" heating and power system.

In a report presented at the meeting by the council's portfolio holder for public health, Coun John Kelly said the combined



TAKING SHAPE: The new Washington Leisure Centre, which is being built behind the old facility.

heat and power unit will save an estimated £250,000 in energy costs over a 10-year lease.

Construction on the new centre began in January, alongside the existing facility, which will re-

main in use until the new indoor centre opens in spring 2015, followed by the outdoor pitches and new car park in October.

"It is progressing as planned and is looking absolutely fantas-

tic," Coun Kelly said. The centre, designed by architects Watson Batty and built by Pellikaan, will also feature two hydro slides, a six-lane, 25-metre pool and learner pool.

Picture by David Allan. Order this photo by ringing 501 7151.



CAPED CRUSADERS: Police in Birmingham were stunned to pull over a driver on the M42 on suspicion of having no insurance, to find he and his passenger dressed as Superman. The force tweeted: "Even Superman needs insurance. We don't work for Lex Luthor, but we had to remove Superman's wheels from the road."

MOUNTAIN RESCUE: A tourist had to be stretchered off one of Scotland's highest mountains after hurting his ankle climbing – in flip-flops. The man was on Aonach Mor near Fort William, with one of his friends, was found bare-foot and the other in trainers.

ANCIENT FOOD: Food offerings left in a royal tomb in the ancient city of Ur at least 4,500 years ago, have been discovered on top of a university cupboard. Researchers at the University of Bristol found the wooden box during a clear out.

DOG'S LIFE: Residents in a Chinese city tried to avoid protests over their summer solstice festival, where thousands of dogs are slaughtered for food, by holding it early. Under the Yulin tradition, eating dog and lychee and drinking liquor on the solstice is supposed to make people stay healthy during winter.



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